

## The study of sex education effect on couples' marital satisfaction improvement in Qom

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**Abstract:** Marital satisfaction is the basic and important factor in permanence and stability of couple life. There is marital satisfaction when the present situation has conformity with the expectable situations. The families are protected when couples increase satisfaction in marital life. Among the sex education effect on marital satisfaction and its dimensions such as satisfaction with the spouse personality, the relationship improvement, sex relationship, conflict solution, Interest in relatives and friends are effective which is the research purpose. **Materials and Methods:** The method is quasi-experimental with pretest-posttest and control group. The samples are 30 couples who are randomly selected in cultural centers of Qom and divided in experimental and control groups. The data instruments are based on Enrich short questionnaire and demographic characteristics. **Results:** The results done by covariance analysis show the sex education effect on marital satisfaction increase ( $P<0.001$ ,  $F=118.78$ ) and subscales like satisfaction with the spouse personality ( $P<0.001$ ,  $F=49.89$ ), relationship improvement ( $P<0.001$ ,  $F=90.98$ ), sex relationship ( $P<0.001$ ,  $F=51.87$ ), conflict solution ( $P<0.001$ ,  $F=75.46$ ). **Conclusion:** Couples' sex relationship is an important factor in marital life. Sex education increases marital satisfaction and happiness by the sex satisfaction.

**Key words:** sex education, marital satisfaction, couples

### 1.Introduction

Marriage is a Process, contains of a man and a women who accept its law. When couples came increase their marital satisfaction in their life, they can keep the family safer. In this regard, Schumacher (2005) indicated that the most important factor in marital satisfaction is couples adaptation and believed that it increases marital satisfaction (1). Farasat (2001) considered different aspects such as positive feeling, love, sexual satisfaction, economically agreement, houses wifely and parenting for marital satisfaction (2). Winch (2002) believed that marital satisfaction is conformity of present situation with expected situation. So when we here marital satisfaction that areas for satisfaction: 1- couples satisfaction of their marriage 2- family like satisfaction 3- life satisfaction as a whole. They are interrelated and dependent on each other and different conditions are needed to have an ideal relationship (3) (4). Marital satisfaction is not created automatically and needs couples attempt (5). Different researches point to various factors for marital life satisfaction. To Bradbury, Fincham, Beach (2000) the effective factors for marital satisfaction are:

1. Interspersed process between couples such as cognition, affect, behavioral models, social support, violence, the environment where couples live: micro environments such as children's presence, life stress,

transition and mega environments like economical factors (6) (7). Attribution and other cognitive factors are.

2. The environment where couples live (8). In brief, researchers explain that the following factors are effective in marital satisfaction: cognitive factors, affection and emotion factors, biological factors, behavioral model, social support, violence, children, stresses, relationship skills, sexual relationship (9). Most of them believe couples sexual relationship is the most important factor in marital life. Farasat (2001) has introduced sexual accommodation in remarriage counseling and believed that those couples who are harmonious in different part of their life and divorce increase in the second year of married life and divorce increase in the second year (2). Christopher and Sprecher (2000) explain that sexual satisfaction is related to higher level of marital satisfaction. Also these are a relationship between marital happiness and sexual satisfaction (10). Happy couples are more satisfaction with their sexual life (11). Although fortunate couples did not say anything about sexual satisfaction, most of them were satisfied. 70% believed that they lagged in sexual issues. Ogbren and Mayer (1972, 2005) concluded that sexual relationship is not a vital factor in divorce but 30% of compels dissatisfaction is due to sexual relationship and if it continues, the marriage is not

successful sexual activating is pleasurable and comforting. Them most couples have a happy feeling and psychologically they are satisfied. It Phelps men and women in psychological they are satisfied. It helps mown and women in psychological tension and nervous activity to encounter and decrease them (12). In families who have not satisfactory sexual activity, sexual problems are seen more. For instance, unhealthy family reactions, psychological conflicts, infertility, sex education in children, ado lessen ceased juveniles. This research is an attempt to study the effect of sex education on marital satisfaction increase. The research hypotheses are:

1-sex education affects marital satisfaction.

2-sex education affects different dimensions of marital satisfaction (sexual relationship, conflict solution, relations with religion social and recreational activities, house management and relationship).

## 2.Method

The research method was semi – experimental with pre-test and post test, experimental and control groups. Two groups completed the pre – test. Then attended in sex education programs and finally answered post – test. The population was couples refer to Qom cultural Carters and had some condition:

- Lock of severe conflict or not being on the threshold of divorce.
- Lock to severe psychological and personality disorders.
- Absence in other sex education or life skills classes.
- At least one-year married life.
- At least an under diploma certificate.

For sample selection, 30 Couples were selected randomly and Placed into Two groups of experimental and control.

Experimental group attended in 6 sessions of 90 minutes sex education who offered with related assignments and practice. ENRICH questionnaire was used for marital satisfaction. This question air was planed by Olson, Fernier and Drakman (1989) to assess problematic areas or recognize powerful and productive aspects of marital relationship. It has two types of 11 s and 125 questions with 12 sub-Tests. The original test was too long and boring for subjects and Suleimani (1994) prepared a short form of 47 questions which is used in this research. Scale Alpha For scales of ideal distortion, marital satisfaction, personality issues, relationship, conflict solution, economic management, leisure time activities, sexual relationship, children and parenting, family and friends, equalitarian roles, religious orientation in men and women are: 90%, 81%, 78%, 85%, 75%,

74%, 84%, 71%, 89%, 71%, 91%, 86%. There fore marital satisfaction questionnaire has high and satisfactory internal homology ENRICH correlation coefficient with family satisfaction scale is 41% to 60%, with life satisfaction is 32% to 541 which shows construct validity. In this research data was analyzed with SPSS 16.

## 3.Results

The research Finding showed that ago men in experimental group was 30.4 and in control group was 30.6. Table 1 show the education in both groups.

Table 1: education in experimented and control groups

Group	groups			
	experimental		Control	
Education	Total	Percent	Total	Percent
Guidance	6	20%	2	6.6%
high school	19	63.3%	14	46.7%
academic	5	16.7%	14	46.7%

Table 2 shows descriptive data of experimental and Control groups in pretest and post-test in INRICH marital satisfaction. Table 3 show F is significant ( $p<0/001$ ) in marital satisfaction and its dimensions in spouses personality, relationship, conflict solution and sexual relationship. It means that there is a significant difference in mean of experimental and control groups in these dimensions. It is concluded that sex education increase satisfaction in spouse's personality, relationship, conflict solution, sexual relationship and marital satisfaction as a whole. But F in leisure Time and interest in Friends and relative is not significant in 0/05 level and is not approved in this research.

## 4.Discussion

The results in table 2 show the scores mean of couples marital satisfaction before and after educational intervention between two groups of experimental and control group was 135.5 and 132.5 which does not show any significant difference in two groups before education and both groups had similar situations. This score showed couples were excellent in marital satisfaction area. After intervention, the score mean is 401.9 in experimental group and 135.05 in control. The covariance analysis test (table 3) shows there is a significant difference in marital satisfaction before and after education in experimental group ( $p<0/001$ ,  $F=118.78$ ). This shows

Table 2: The mean and standard deviation of total scores and sub scales of marital satisfaction in the experimental group based on gender

Group		experimental					Control			
Test		Pre-test			Test		Pre-test		Test	
Statistical indicators	Gender	Total	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation
Marital satisfaction	Woman	15	134.1	34.42	204.2	10.2	132.7	34.43	132.3	26.67
	Man	15	137	27.78	197.7	29.6	138.4	27.56	137.8	25.9
Spouses personality satisfaction	Woman	15	8.8	3.67	15.1	0.90	8.2	3.69	8	3.67
	Man	15	8.5	2.78	14.9	1.9	9.2	3.76	9.2	2.98
relationship level	Woman	15	10	4.65	19	1.99	10.2	4.84	10.1	3.97
	Man	15	11.1	4.54	19.4	1.98	13.3	3.78	13	3.87
Conflict resolution	Woman	15	12.6	6.67	23	2.67	13.9	3.92	12/8	3.9
	Man	15	13.2	6.23	23	3.09	15.1	67/3	14.5	14
Leisure time	Woman	15	12	4.98	12.2	4.97	11.5	3.9	11.6	4.1
	Man	15	13.8	4.56	13.6	4.45	11.6	2.8	11.8	2.9
Sexual relationship	Woman	15	10.5	4.56	19	1.56	10.4	3.07	10.1	3.09
	Man	15	12.3	4.38	19.3	0.68	11.9	3.55	11	2.98
Interest in relatives and friends	Woman	15	13.9	3.76	13.8	3.78	13.4	2.42	13.9	2.67
	Man	15	11.9	3.76	11.9	3.76	14.5	2.8	14.3	2.6

Table 3: Results of covariance analysis on marital satisfaction components

Dependent variable	group mean	df	F	Significant level
Marital satisfaction	40786.8	1	118.78	0.001
Spouses personality satisfaction	411.78	1	69.89	0.001
relationship level	682.46	1	90.98	0.001
Conflict resolution	937.8	1	74.46	0.001
Leisure time	41.55	1	7.56	0.28
Sexual relationship	501	1	51.87	0.001
Interest in relatives and friends	40.49	1	2.35	0.18

sex education increased marital satisfaction in experimental group. Therefore it can be concluded that sex education can increase marital satisfaction is general. Pakgohar (2004) indicated that sex education can increase positive feeling, Closeness, intimacy, marital relationship and marital satisfaction

and it approves our hypothesis (13). Yusefi (2004) studied the relationship between sexual information and attitudes with marital satisfaction. There was a positive and significant correlation between these two variables. The Regression analysis showed sexual attitude can anticipate any changes related to marital satisfaction will %99 (14). Robert's research (2000) in the area of the reasons in marital problems described that sexual problems and dissatisfaction in the first year of marriage can anticipate divorce in the second years (15). Osborn and Myer (1972) concluded that sexual relationship in not a main reason for divorce but %30 of couples did not have sexual satisfaction (16). Markof and Gilliland (1993) with the assessment of couple's background, medical history, life experiences, daily life conflicts, marital adjustment and sexual functioning studied the relationship between stress, sexual functioning and marital satisfaction and they concluded that marital satisfaction is related to different aspects of sexual functioning (17). Musavi (2007) explained there is a significant relationship between sexual functioning and marital satisfaction. Women who act sexually

well more satisfied (18). Research limitation: Intuits done in Qom and the sample were available. Therefore, it must be generalized to new situations cautiously.

### **Ethical Consideration**

All Ethical issues (such as informed consent, conflict of interest, plagiarism, misconduct, co-author-ship, double submission, etc) have been considered carefully.

### **Apperception**

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